



Indiana State Department of Health

Epidemiology Resource Center

Quick Facts

About...*Hepatitis B*

What is hepatitis B?

Hepatitis B is a serious disease of the liver. The hepatitis B virus (HBV) can survive outside the body for up to 7 days and cause infection. Most people will recover without any complications. However, some people develop chronic (long-term) hepatitis B infection. In some people with chronic infections, hepatitis B can lead to severe illness, liver cancer, liver failure, and sometimes death.

How is hepatitis B spread?

Hepatitis B virus is spread when blood or certain body fluids, such as semen and vaginal secretions, from an infected person enter the body of a person who is not infected. Some examples include:

- Having unprotected vaginal or anal sex with an infected partner
- Sharing needles, syringes, or "works" used to inject drugs
- Sharing personal care items, such as razors, toothbrushes or nail clippers with an infected person
- Birth to an infected mother
- Using non-sterile needles and equipment during body piercing, tattooing, or acupuncture
- Direct contact with the blood or open sores of an infected person
- Accidental needle sticks or sharp instrument exposure

An infected person with no symptoms can still spread hepatitis B to others. Hepatitis B is not spread through food or water, sharing eating utensils, breastfeeding, hugging, kissing, coughing or sneezing.

Who is at risk for hepatitis B?

You get hepatitis B by direct contact with blood or certain body fluids of a person who has hepatitis B. Your risk is higher for hepatitis B if you:

- Are born to a mother who has hepatitis B
- Live in the same house with someone who has a chronic hepatitis B infection

- Have unprotected sex with a person who has hepatitis B
- Have sex with more than one person in a six-month period
- Are a man who has sex with men
- Have a sexually transmitted disease
- Are an injection drug user
- Are a health care or public safety worker
- Were born or have parents who were born in Southeast Asia, Africa, the Amazon Basin in South America, the Pacific Islands, Eastern Europe, or the Middle East
- Are a resident or work in a home for the developmentally disabled
- Are a hemodialysis patient

How do I know if I have hepatitis B?

See your health care provider. Blood tests will determine if you are infected with hepatitis B. Follow-up blood tests are necessary to determine if the disease is still present. Chronic hepatitis B is diagnosed by two positive blood tests at least six months apart. Chronic infection may last for a lifetime.

What are the symptoms of hepatitis B?

Hepatitis B is known as a "silent infection," because you may have very mild or no symptoms. Symptoms appear six weeks to six months after exposure. Symptoms may include:

- Yellowing of the eyes or skin (jaundice)
- Loss of appetite
- Nausea and vomiting
- Fever
- Abdominal pain
- Joint pain
- Extreme tiredness
- Dark-colored urine
- Pale (clay-colored) stool

How can hepatitis B be treated?

In most people, the infection will clear itself. People with chronic infection should see their health care provider to determine if the disease is getting worse.

Medications are available for the treatment of chronic hepatitis B, and your health care provider can decide which one is right for you. It is important to avoid further injury to your liver by:

- Avoiding alcoholic drinks
- Avoiding raw seafood
- Avoiding acetaminophen
- Getting vaccinated for hepatitis A

How is hepatitis B prevented?

A safe and effective vaccine can prevent hepatitis B infection. It is recommended for all children from birth to 18 years and adults at risk for hepatitis B. See your health care provider for more information on hepatitis B vaccine.

Blood spills should be cleaned using gloves and a 1:10 dilution (one part household bleach to 10 parts of water) for disinfecting the area.

Other ways to prevent hepatitis B infection include:

- Use latex condoms if you have sex with more than one partner
- Get tested for hepatitis B if you are pregnant
- Avoid injection drug and intranasal cocaine use. If you do inject drugs, do not share drugs, needles, syringes, cookers, cotton, water or rinse cups
- Avoid "home-made" tattoos and non-regulated tattoo and piercing facilities
- Do not share razors, toothbrushes, nail equipment or other personal care items
- If you are infected with hepatitis B, do not donate blood, organs, semen, or tissue
- Inform your sex or needle sharing partners that you are infected with hepatitis B and they should be tested
- Inform your health care providers that you are infected with hepatitis B
- Ensure that anyone living in your household receives hepatitis B vaccination
- Pregnant women with hepatitis B should talk with their doctor about making sure their baby gets a shot called hepatitis B immune globulin (HBIG) and the first dose of hepatitis B vaccine at birth to protect the baby from hepatitis B infection.

All information presented is intended for public use. For additional information about hepatitis B, please visit the following Web sites:

Centers for Disease Control and Prevention
<http://www.cdc.gov/hepatitis/index.htm>

Hepatitis B Foundation
www.hepb.org

Hepatitis Foundation International
www.hepfi.org

Immunization Action Coalition
www.immunize.org

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